

Milestones in National Nutrition Policy of the United States

- 1940 : Food and Nutrition Board
- 1969 : White House Conference
- 1980 : Dietary Guidelines for Americans

Elements of a National Nutrition Program

- Strong science base
 - surveillance, periodic surveys
 - causal models
- Programs
 - integrated infrastructure
 - focus on policy and environment
 - communication strategy
- Political will

Current Surveillance Systems

- National Health and Nutrition Examination Survey
- Behavioral Risk Factor Surveillance System
- Youth Risk Behavior System
- Pediatric Nutrition Surveillance System
- Pregnancy Nutrition Surveillance System

Nutrition Strategies Related to Obesity

Treatment and Prevention

- Reduce television viewing in children and adolescents
- Increase physical activity in adults
- 5 A Day
- Use the term “overweight”

Fruit and Vegetables in the Dietary Guidelines (1)

- **1980: Eat a variety of foods, including selections of fruits and vegetables**
- **1985 : Eat a variety of foods daily in adequate amounts, including selections of fruits and vegetables**
- **1990: Eat a variety of foods daily - 3-5 servings vegetables and 2-4 servings fruit**

Fruits and Vegetables in the Dietary Guidelines (2)

- **1995 : Choose a diet with plenty of grain products, vegetables (3-5) and fruit (2-4)**
- **2000: Choose a variety of fruits and vegetables daily; first mention of five a day**